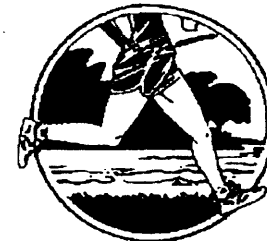




# THE PAPER RACE

## THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



MAR-APR 2004 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 188



*Kankakee River Running Club Newsletter Published Compliments of*  
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### KRRC Cabin Fever Party!

6:00PM - ?

Saturday, March 6<sup>th</sup>, 2004

Kankakee Boat Club-Cobb Blvd., Kankakee, IL

Free for members over 21 years of age and spouse or one adult guest.

Chicago Dough Pizza and Beer Provided

Pop, Wine, Cocktails--cash bar

If you like, bring an appetizer or dessert  
and a \$5 item for an exchange game.

Hope to see you there! No R.S.V.P. required.

### 2004 Membership Dues are due.

Single \$15 -- Family \$20

(If you became a member after 8-1-03, you need not renew until 1-2005)

In an effort to save time and paper, we are not sending out the membership forms.

Please send your check, payable to KRRC for either \$15 or \$20, to:

**Marcia Lonergan, 5223 N. Pin Oak Turn, Bourbonnais, IL 60914**

If any of your information has changed since last year, please include a note.

The **Momence High School Girls Track Team** is in need of women's running shoes. Please donate any wearable women's running shoes or any size t-shirts or running shirts that you are no longer using to the girls team. **Contact Mike Hickey at (815) 472-2253** to make pick up arrangements. Thank you for helping out the team.

# MAR.-APR. B-days!

NAME	B-DAY	AGE
Christine Barrett	3/15/67	37 YRS
Hannah Bevis	3/26/94	10 YRS
Micah Dorn	3/15/88	16 YRS
Tammy Furbee	3/12/65	39 YRS
Rebecca Horn	3/28/83	21 YRS
Rod Kahl	3/04/65	39 YRS
Ken Klipp	3/25/49	55 YRS
Pat Koerner	3/27/62	42 YRS
Robert Lemaire	3/02/52	52 YRS
Theresa Morse	3/12/54	50 YRS
Beverly Smith	3/29/51	53 YRS
Diana Uribe	3/16/59	45 YRS
Rasa Weber	3/02/66	38 YRS
Connie Angelo	4/12/53	51 YRS
Kyle Barrett	4/03/94	10 YRS
Emma Bevis	4/18/96	8 YRS
David Bohlke	4/20/46	58 YRS
Larry Forbes	4/06/57	47 YRS
Anna Goodberlet	4/17/58	46 YRS
Georganne Hickey	4/09/52	52 YRS
Charles Kennedy	4/12/38	66 YRS
Mark McDermott	4/19/48	56 YRS
Shelby Merillat	4/07/92	12 YRS
Nadine Morse	4/21/93	11 YRS
Dee Osenglewski	4/02/56	48 YRS
Ron Ruda	4/18/47	57 YRS
Ken Stark	4/02/43	61 YRS
Andrea Uribe	4/14/86	18 YRS

## Welcome New Members

**John Walsh  
of Campus  
and  
Monica & Randy Ott  
of Manteno**

### KRRC OFFICERS

**President, Chris DuVal (815) 929-1631**  
**V.P. Dave Barrett (815)937-4668**  
**Treasurer Marcia Lonergan (815)933-1695**

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### KRRC WEBSITE

**[WWW.KEYNET.NET/~KRRC](http://WWW.KEYNET.NET/~KRRC)**  
**Dave Barrett (815)937-4668**

## Fast-N-Fit Foods

### Caribbean Pork and Rice

**Cook** sliced pork tenderloin (a pound for 4) in a little oil in a large skillet. Add 1 chopped onion, 2chopped carrots and cook until pork is no longer pink inside.

**Stir** in 1 can (14 oz.) each pineapple chunks and water, a few spoonfuls *Bull's -Eye* Original barbecue Sauce, 1 tsp. ground ginger, 1 chopped green pepper and 2 cups *Minute* White Rice.

**Bring** to boil; cover and let stand 5 minutes.

## THE STARTING LINE

KRRC MEMBERS OF ALL ABILITIES MEET AT THE KANKAKEE RIVER STATE PARK(PARKING LOT ACROSS FROM HEATED BATHROOMS) AT 8A.M. FROM JUNE THRU OCTOBER AND 9A.M. FROM NOVEMBER THRU MAY TO RUN AND SOCIALIZE ON OFF-RACE SUNDAYS. INDIVIDUALS MAY VARY THE STARTING TIME BASED ON DISTANCE THEY INTEND TO RUN AND THEIR PERSONAL OBLIGATIONS. BRING A RUNNING BUDDY AND JOIN US!

Mar. 6, Miller Park Zoo 5k, 10am, Bloomington, IL, Jane (309)829-6100

Mar. 14, St. Patrick's Day 5K, 1pm, Bloomington, IL Bill (309)452-1395

Mar. 20, Mountain Goat Hill 10K/15K, 10:30am, Danville, IL, Marc (217)431-4243

Mar. 28, LaSalle Bank Shamrock Shuffle 8K, 9:30am, Chicago, (312)904-9814 [www.shamrockshuffle.com](http://www.shamrockshuffle.com)

Apr. 3, Fool's Run 2M, 4M, 4:30pm, Park Forest, IL Hilary (708)802-2759 [www.lincolnnet.net/pfrcp](http://www.lincolnnet.net/pfrcp)

April 3, Lincoln Memorial 1/2 Marathon & 5 Mile, 8:30am, Springfield, IL Laura (217)494-4769

April 17, Eureka Spring Classic 4 Mile, 9:30am, Eureka, IL Don (309)467-2119

Apr. 24, Sat. Starved Rock Runners 5K Run, Ottawa YMCA, 9am, Joanne (815)795-3936 evenings

Apr. 25, Sun. SullivanCivicCtr, Triathlon, 1pm, 1/4 swim/13.4 mi. bike/ 3.1 mi. run [www.sullivanil.us/triathlon.htm](http://www.sullivanil.us/triathlon.htm) (217)728-4541

May 8, Perry Farm Pace 4-Miler & 2Mile Walk, 8:30am, Bourbonnais, IL(815)933-9905

May 9, Sun. Y-ME 5K Run, 9am, Grant Park, Chicago [www.y-me.org](http://www.y-me.org)

May 15, Sat. Explore Joliet 8K Run, 9am, Joliet City Center at Rialto Square Theatre, 774-6066 [www.jolietdowntown.com](http://www.jolietdowntown.com)

## WINTERFEST 5K & OTHER WINTER ACTIVITIES by Charlie Grotevant

The 20<sup>th</sup> Annual Winterfest 5K Run & Walk was less than a total success on Feb. 1<sup>st</sup>. Total registrations were 188 compared to a range of 221-263 the previous four years under the present race director team. The net result is a financial shortfall for our Kankakee River Running Club.

Was the Super Bowl Sunday a partial conflict? It has been on Super Bowl Sunday in some of the previous years and the participation did not lag this much. Was it because of the very cold, wintry weather the preceding two weeks? Or is there less interest in wintertime outdoor fitness races? We don't know the answers, but would appreciate feedback from participants as well as non-participants. We want to keep this traditional race going well into the future.

One idea for consideration is the possibility of scheduling the race on the first Saturday of February rather than the first Sunday. I solicit comments to help us in future planning.

I give a huge "Thank You" to all the volunteers who helped make this event occur. Without your help, road races such as the Winterfest 5K, would only be in our dreams. I will not attempt to thank all the volunteers by name for fear I will inadvertently omit someone. However, the efforts of Henry and Janet Shelley merit special comment. They are the heart and soul of the Kankakee River Running Club. Their finish-line efforts at all the Kankakee area races enable so many of us to be participants, rather than working at the finish line on a rotational basis. And thank you, Henry, for storing our finish-line equipment.

Fellow race director, Ken Klipp, also merits a special thank you. Ken made much ado at the awards ceremony regarding Joyce and my role in preparing for this event. I should have taken the microphone from his hands and given him his deserved praise! Yes, Joyce and I do most of the detail work in preparing for Winterfest 5K. But, it is Ken, in coordinating the event with the City of Kankakee Police and Public Works Department, in overseeing the starting of the race, in working with Henry and Janet and Dave Bohlke at the finish-line of the race, in generating race day student volunteers from Bishop McNamara High School, in working for several hours prior to the starting time on race day as we set up the Civic Auditorium, and in presiding over the awards ceremonies, who is truly the Most Valuable member of our Winterfest team. THANK YOU, KEN!

Again, thanks to all who helped in any way to enable this event to occur and be successful for the 20<sup>th</sup> consecutive year!

Joyce and I escaped the wintry February weather on the 3<sup>rd</sup> when we flew to Florida to spend a week with the Judge, Dan Gould, at his winter condo in Bradenton. We were fortunate to locate low-cost airline tickets this year and, once again, were able to allow Dan to bestow his generous hospitality on us. We did interrupt his golfing days, but he doesn't seem to hold a grudge about it.

I've never been a hot weather runner, but as the body ages, I find I'm no longer a cold weather runner, either. The Florida warmth was so much easier on my body than what we have here at home. And my race times show the evidence. I ran 22:15 at Winterfest on the mostly clear streets of Kankakee, but I felt I was struggling for the entire course that day. Jeff Lonergan certainly had his way with me as he steadily pulled away. Paybacks are coming this summer, Jeff!

Dan was able to locate two weekend races for me to choose between during our visit with him. I chose both! A 5K on the 7<sup>th</sup> at Osprey followed by a 10K on the 8<sup>th</sup> in St. Petersburg. The 5K was at a state park, 90% on packed sand with mulch, and the remainder on asphalt and a little on loose sand. Temp in the low 60's with a bit of drizzle. 21:40 for Age Group 1<sup>st</sup>. Passed Dan at 1 mile and pulled away to finish 20 seconds ahead of him. The local runners said it was a slow course, but I had good energy that day and could not make a judgement.

A cold front invaded Florida overnight. Sunday morning brought temps in the low 40's and NNE wind at 15-20 mph. The initial St. Petersburg Beach 10K drew nearly 1500 participants for the 5K and 10K that morning. Yes, I choose the 10K and Dan followed suit. North into the wind! Again, I caught Dan at 1 mile, but it was a struggle. The wind was causing me to expend a lot of energy. We turned south just prior to the 5K split with 23:20 on the clock. I set a goal to finish under 46:00 minutes at that time, figuring the tail wind would give me boost.

And boost it did! 45:14 in a chip-timed finish! My tailwind 5K was 21:54. And the last mile and half was extremely crowded because the 5K'ers whose race had started 15 minutes after the 10K were running with us. The awards were five deep for 60-64, and I was fortunate to receive 5<sup>th</sup> in this fast and deep field. Dan was far behind, and not happy with me for "dragging" him into entering two races on one weekend. If he wants to share his finish time, that's okay, but you won't get it from me.

Dan is firmly convinced, after hosting four years of wintertime, week-long visits with Joyce and me, that we fatten him by treating him to an abundance of restaurant meals. And he says the extra weight slows him down! Yes, we do treat Dan to all the meals when we're staying with him, but he's the one operating the knife, fork, and spoon. And yes, Joyce does order wonderful, high calorie desserts with two spoons to enable her to tease and tempt Dan into sharing with her. And share he does!

While Dan does his all to prevent any part of any dessert from being returned to the kitchen for disposal, I engage in a mental toughness exercise in which I only sit and smile, not allowing one morsel of dessert to touch any part of my mouth or tongue. I need every edge I can find, especially the first eight months of this year because Dan turns 60 and enters my age group the end of August. I suspect he will challenge me with renewed vigor because several years of frustration will be fueling the fire. And the extra mental energy he will gain by becoming the youngest in an age group will aid his efforts. Bring it on, Dan, I accept the challenge!

We returned to our real world on Tuesday, the 10<sup>th</sup>, after I got in my last warm weather workout in Florida. It was a seventeen miler, with Dan at my side for the first 13. Yes, I'm gearing up for the Boston Marathon on April 19<sup>th</sup>. I hope my body holds up throughout the training. My wish for all our running friends is for good health and good running, with the sun on your cheek and the wind at your back. See you at the races!

## HIDDEN RIVER CLASSIC - A 5-STAR RACE!

By Dan Gould

I was badly in need of a good race. The Milwaukee Marathon, my first marathon in six years, had been a downer. My training had included a couple 20-milers and race day was perfect, but, early on, I knew it was not going well. By 23 miles the ever-slowng pace became a walk. That was October 5th.

My first race post-marathon was the Lake-to-Lake 10K in Lakeland on November 8th. Lake-to-Lake is also hill-to-hill! I attributed my 47+ time to lack of heat acclimation, but that excuse didn't really fly. I've come to Florida in November for a number of years and run the same course in 44+. The 47+ time was also consistent with my poor showing at the Kankakee River 10K in September.

The Harvest Hustle 5K in Sarasota on November 22nd began with great promise. It was a cool morning, a flat course, and I had a pacesetter to chase. Al Meyer, President of the Bradenton Runners Club, is in my age group, and, on most days, is going to cross the finish line ahead of me. He is a couple years younger and trains harder, but gives me somebody to key on.

We hustled (pun intended) off to a sub-7 minute first mile and then began the grassy segment of the course, about two-thirds of a mile, around the perimeter of the soccer fields of Lakewood Ranch High School. We hit the two-mile mark 20 seconds faster than the first mile. This does not compute. I do not run the second mile - on wet grass - 20 seconds faster than the first mile. Short course! Phooey!

I had been gradually closing the gap on Al and, with about two tenths of a mile to go, pulled alongside. I said: "You're not going to let this old man beat you, are you?" No, he wasn't. He kicked and crossed the finish line 3 seconds ahead of me. My 20:46 finish went in the log with an "SC" next to it. I felt like I was "back," but a short course is like kissing your sister.

Tampa's Hidden River Classic 5K/10K, which is run on the first Saturday in December, is my pick for race of the year. Hidden River is a heavily wooded corporate park in Tampa, adjacent to Lettuce Lake Park. This venue provides a relatively flat, shaded, wind-protected, hard surfaced course.

Beyond the great course, here are the runner amenities for your \$15 (early registration) or \$20: 1. A 5-color tee shirt; 2. A pair of Thorlo running socks; 3. Post race refreshments including beer, pop, hot dogs, bagels and fruit; 4. 5 year age groups with awards 5 deep. The awards are - 1st, Nike sunglasses; 2d, Nike Running Shoes; 3rd, runner's watch; 4th, Nike travel bag; and 5th, Dri-fit shirt.

Like those awards? You bet! And the big dogs come off the porch to win them, sometimes running both the 5K and the 10K. The 5K starts at 7:30 A.M. and the 10K starts at 8:15 A.M. There were approximately 280 participants in each race this year.

I joined some of the usual suspects from Bradenton at the 10K starting line including the Miller family - Maggie, Russ, and Karin, - Al Meyer, Neil Longhurst, and Larry Larson. Maggie and Karin had warmed up by racing the 5K. We had what I consider the perfect race day - 50 degrees and overcast. While the wind was up, we would feel little more than an occasional breeze on the heavily wooded course.

The starting gun fired and Neil, Maggie, and Al quickly moved out ahead of me. I expected Neil and Maggie would soon be out of sight, but I was once again using Al as my pacesetter. He moved out to a 50 to 70 yard lead and I went through the first mile in 7:08. It felt good.

The second mile was 7:06 and the third was 6:58. I'd gotten back a few yards on Al and felt strong. Al admits to going out too fast and I hoped it was true on this day. I contemplated when to make a move on him. I decided that I would try to catch him at the five-mile mark and see how we matched up on a 1.2 mile "sprint."

Early in the fifth mile, I was passed by an attractive brunette. I beseeched her to "trip the guy in the red shirt." She turned, smiled and asked, "Is that our plan?" No, I thought, that is not our plan, but it sounded more promising than the one I had.

Al had been for running for sometime with a girl named Mary and, while I hated to break up this lovely couple, that was the plan. I literally split them at the five-mile mark calling to Al to "Sprint to the finish!"

Sprint to the finish? I was in uncharted territory. I had tried kicking it in from a half-mile out, but 1.2? Al was briefly in my peripheral vision as I pumped arms and legs for all they were worth. I was afraid to look back (somebody might be gaining on me). I caught a glimpse of Maggie making the last turn ahead of me (she was sub-43:00). With lactic acid oozing from every pore, I crossed the finish line in 43:24, 5 seconds ahead of Al. I had run the last 1.2 at about a 6:45 pace, my fastest mile of the race, and I was 6 seconds faster than a year ago. Yes! While my time would only net me fifth in age group, I felt that I was "back."

Erma Hickey greeted me at the finish line. She and John were celebrating their 56th wedding anniversary and had done the 5K together. Erma was third in her age group. They were also celebrating the clean bill of health that John had gotten the day before on a post-surgical check-up for skin cancer.

While it had been a great racing day, when the sweat dried it was jacket weather. My Kankakee River Running Club jacket brought me another "small world" contact. Patty Tuma introduced herself as a former member of the Joliet running club. Joliet is about 35 miles northwest of Kankakee. Patty, now of Port Charlotte, asked if I knew Gary and Mary Moss, who were once part of the heart and soul of the Joliet club. Everybody knows Gary and Mary!

Erma picked up her watch and I my tee shirt (Nike, black, USF Bulls' logo). We had much to celebrate - a great race, an anniversary and a clean bill of health. I was only too happy to buy John and Erma a celebratory breakfast at Bob Evans. Good friends, good times. Priceless!

## **Some Really Good Races to Go to** **By Phil Newberry**

I have decided to dispense with the yearly or semi-yearly top ten list and go with just mentioning a few races that I have done during the year that warrant mentioning. There are many good races that I haven't done this year and there are some that are very good but runners just don't come out and support for one reason or another. This list does happen to list 10 races though.

1) River to River: If you ever get the chance to go to this race you really should. I have gone down to southern Illinois 5 times now for this race and every time it is such a blast! You spend all day in a van with your buddies. Every couple of hours you get out and run 3 or 4 miles up and down the hills of southern Illinois. Every runner is responsible for 3 of these legs. The total amount of mileage is approximately 80 miles. The race starts at the Mississippi River and finishes at the Ohio River. After you finish in Golconda there is food waiting for you! Depending on what you have brought with you there is also beer to drink.

2) Shamrock Shuffle: I went to this race in Chicago with John Bevis, Peter Bernsdorff and Cynthia Bernsdorff. The distance for this race is 8k for those not familiar with it. It was a lot of fun! It was a 70 degree day in March! I don't remember exactly how many runners were there but I think it was 15,000 or so. Afterwards there was a band inside a beer tent. If you are single it was perfect, single runners drinking beer and enjoying a perfect day.

3) Trail Run Xtreme: This race is done near Portage Indiana at a place named Forest Glen Park. It is on the same trails as the Kingfish Mini Marathon. The trails are challenging and they change the course every year. This year we had to run across well, it was either a large creek or a small river. They had a rope across the crossing so that you could hang on and not fall in. It was great! I think the distance was 10k this time. The river crossing was at approximately 5 miles in. You weren't forced to cross the river. You could have run around it and took the bridge but that would have added more time to your race. The refreshments were Subway sandwiches.

4) Main Course: This race is a 10k in Chicago. Bishop McNamara grad Shawn Sullivan is co-race director. He is a PR guy for the Chicago Rush arena football team. The course is really great. Basically you run along the lake from Grant Park south past McCormick Place and back. It was cool running past the remodeling of Soldier Field. After the race there is a lot of food to sample. This race is done in conjunction with the Restaurants Convention or something like that. There were two kinds of beer to sample. One was Michelob and the other was Goose Island beer. They raffled off approximately one hundred gift certificates to restaurants in the Chicago area. I won a \$50 gift certificate to Hugo's Frog Bar on Rush St.

5) Kilbride's Family Classic 5k: I really enjoyed this race. I enjoyed running on the course in Riverview. Many area runners show up for this event and it was nice catching up with many of them.

6) St. Patrick's Day 5k: This race is in Bloomington. I went down to this race with Jeff Lonergan and Pat Koerner. We had a good time! We caught up with a few friends from the Bloomington area and drank a few beers at the VFW which is where the awards ceremony was.

7) Winterfest 5k: This race is always a lot of fun. Basically, everyone comes out of the woodwork to do this race to see how everyone has been doing the last couple of months. Winter sucks and it is a good reason to get out and see old friends.

8) Lake Mingo: This race was a lot of fun. The distance is 7.1 miles on trails. Unfortunately, it was very wet on the day of this race and there are a lot of hills. I fell down at least six times. I ended up falling into a thorn bush which had poison ivy in it. I had poison ivy on my back for a couple of weeks! But, it was still fun! Afterwards, they had a great party with plenty of beer. They really know how to party in the Danville area.

9) Wild Wild Wilderness: This is another race that the Kennekuk Road Runners put on. This one is 7.6 miles of trails. The course is awesome! They have a great party afterwards as well.

10) The Scenic 10: This race is 10 miles long and is held in Park Forest on Labor Day. They usually have 1500 runners or so with many of them being elite runners. The party afterwards is a lot of fun with plenty of food and beer. The course is challenging with many hills on it.

That's all folks! Get out there and enjoy some of these races! There are a lot of good ones out there.

Winter fest 5K 2/1/04

Race Results BY OVERALL FINISH

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name
M 35 - 39	1	1 0A	0:17:12.8	4054	Rod E Kahl	M 55 - 59	92	8	0:26:55.0	4059	Joseph P Wenckus
M 40 - 44	2	2 0A	0:17:41.9	4010	Patrick D Koerner	F 30 - 34	93	1 AG	0:26:57.1	4007	Jennifer K Parris
M 25 - 29	3	3 0A	0:17:49.2	4115	Hitman Rayond Heriaud	M 1 - 14	94	7	0:27:00.0	4194	Kyle Miller
M 40 - 44	4	1 MST	0:18:20.3	4088	Brian E Miller	F 45 - 49	95	2 AG	0:27:02.3	4077	Marysue Baker
M 35 - 39	5	1 AG	0:18:22.9	4018	Carlos Vilamontes	F 45 - 49	96	3 AG	0:27:10.8	4020	Pat M Pierce
M 1 - 14	6	1 AG	0:18:26.3	4158	Garrett Nykaza	M 40 - 44	97	12	0:27:20.6	4100	Thomas Brazina
M 30 - 34	7	1 AG	0:18:49.2	4229	Warren D Monk	M 60 - 64	98	6	0:27:32.2	4139	James Halstead
M 45 - 49	8	1 AG	0:18:56.8	4057	James L Rattin	F 60 - 99	99	1 AG	0:27:37.3	4141	Sandy Kurtenbach
M 30 - 34	9	2 AG	0:19:11.6	4009	Clark Anderson	M 35 - 39	100	8	0:27:43.4	4067	Bryan Kasprisin
M 1 - 14	10	2 AG	0:19:16.9	4128	Alex K Frye	M 50 - 54	101	11	0:27:55.7	4196	Bruce Ostran
M 15 - 19	11	1 AG	0:19:17.5	4023	Micha J Dorn	M 25 - 29	102	3 AG	0:27:56.6	4151	John B Fetterer
M 45 - 49	12	2 AG	0:19:18.5	4185	Thomas Gaudette	F 35 - 39	103	3 AG	0:28:01.2	4022	Tess Gall
M 30 - 34	13	3 AG	0:19:24.2	4082	Steven J Barton	F 25 - 29	104	1 AG	0:28:04.9	4154	Debra Lovell
M 35 - 39	14	2 AG	0:19:41.6	4130	Jose L Jimenez	M 45 - 49	105	14	0:28:09.2	4030	Gregg Julian
M 15 - 19	15	2 AG	0:19:53.4	4058	Houston Wheeler	M 45 - 49	106	15	0:28:10.1	4002	Pete Klaeser
F 40 - 44	16	1 0A	0:20:03.5	4098	Chris M Walsh	M 65 - 99	107	5	0:28:11.0	4110	Hank Caldwell
M 40 - 44	17	1 AG	0:20:11.5	4211	Larry K Burton	M 55 - 59	108	9	0:28:16.3	4046	Ray Feeley
M 35 - 39	18	3 AG	0:20:18.6	4184	Tony D Webster	M 45 - 49	109	16	0:28:20.1	4192	Dean A Nelson
M 40 - 44	19	2 AG	0:20:21.6	4045	Clinton L Carter	M 50 - 54	110	12	0:28:22.1	4076	David W Davies
M 45 - 49	20	3 AG	0:20:23.5	4142	Dwayne Gordon	M 65 - 99	111	6	0:28:30.0	4147	Wayne English
M 15 - 19	21	3 AG	0:20:28.3	4111	Benjamin Bruhn	M 1 - 14	112	8	0:28:31.6	4086	Phillip S Clapp
M 40 - 44	22	3 AG	0:20:31.9	4190	Brent Radomski	M 55 - 59	113	10	0:28:33.2	4187	Tom Nordbrock
M 45 - 49	23	4	0:20:45.5	4125	Dean R Hartman	M 55 - 59	114	9	0:28:57.7	4143	Daniel Santos
M 40 - 44	24	4	0:20:47.8	4140	John J Bevis	M 55 - 59	115	11	0:28:59.8	4133	Clarence Melton
M 35 - 39	25	4	0:20:48.3	4153	David A Barrett	M 65 - 99	116	7	0:29:13.2	4012	James G Barry
M 30 - 34	26	4	0:20:48.8	4121	David K Herillat	M 50 - 54	117	13	0:29:19.1	4038	Andrew Horn
F 15 - 19	27	2 0A	0:20:52.5	4200	Taylor Bennett	M 55 - 59	118	12	0:29:20.3	4055	Ronald R Nelson
M 40 - 44	28	3 0A	0:20:53.6	4099	Jenna Kick	F 35 - 39	119	4	0:29:22.0	4230	Valerie Pop-Brandt
M 40 - 44	29	5	0:20:55.0	4157	Henry J Nykaza	M 35 - 39	120	10	0:29:27.3	4156	Bill Tompkins
M 40 - 44	30	6	0:20:59.2	4027	John Walsh	F 35 - 39	121	5	0:29:40.0	4101	Aaron Hammond
M 60 - 64	31	1 AG	0:21:02.3	4071	Ken R McMillen	F 35 - 39	122	5	0:30:09.7	4217	Pamela Trapp
M 45 - 49	32	5	0:21:04.0	4212	Tom E Hasser	F 50 - 54	123	2 AG	0:30:13.1	4090	Marilyn L Graham
M 45 - 49	33	6	0:21:09.1	4213	Terry A Pille	M 55 - 59	124	1 AG	0:30:17.7	4087	Allison L Clapp
M 35 - 39	34	5	0:21:10.5	4191	David W Cagle	M 45 - 49	125	13	0:30:20.4	4201	J Ezeil
M 50 - 54	35	1 AG	0:21:13.1	4148	Ron Goetz	M 45 - 49	126	17	0:30:22.3	4199	Jeff Lindstrom
M 40 - 44	36	7	0:21:16.4	4127	Mitchell Hobbs	M 50 - 54	127	18	0:30:55.5	4026	Jim Hillier
M 35 - 39	37	6	0:21:18.8	4198	Greg T Trapp	F 35 - 39	129	6	0:31:08.1	4136	Dan G Bullock
M 45 - 49	38	7	0:21:19.8	4103	Jay R Homerding	F 35 - 39	130	7	0:31:10.6	4066	Suzie Alexa
M 40 - 44	39	8	0:21:35.7	4145	Jeff S Biggs	M 65 - 99	131	8	0:31:13.9	4081	Janice Kasprisin
M 50 - 54	40	2 AG	0:21:50.3	4152	Rick Long	M 1 - 14	132	9	0:31:20.2	4124	Ryker Koche
M 50 - 54	41	3 AG	0:21:57.1	4095	Jack Chaplinski	F 20 - 24	133	1 AG	0:31:43.7	4070	Christa Ruesink
M 35 - 39	42	7	0:21:58.1	4084	Trent Eshleman	F 20 - 24	134	2 AG	0:31:44.4	4069	Kristi Benedick
M 45 - 49	43	8	0:21:59.6	4096	Mike R Goodwin	F 60 - 99	135	2 AG	0:31:49.2	4102	Sandra L Theebald
						F 30 - 34	136	2 AG	0:32:17.2	4034	Debra Reardanz
						M 45 - 49	137	19	0:32:19.0	4033	Bruce Reardanz
						M 1 - 14	138	10	0:33:41.2	4080	Alex Granacki
						F 60 - 99	139	3	0:33:57.2	4079	Edith Alsvig
						F 50 - 54	140	3	0:34:07.9	4134	Wanda Melton
						F 1 - 14	141	1 AG	0:35:16.8	4109	Sissy Romack
						F 40 - 44	142	1 AG	0:35:17.3	4108	Robin Romack
						F 45 - 49	143	4	0:35:22.6	4049	Dee M Oseglowski
						F 45 - 49	144	5	0:35:23.8	4032	Nancy J Ruda
						M 30 - 34	145	10	0:37:56.2	4113	Tony Krivak
						M 65 - 99	146	9	0:37:59.4	4060	Leon J Malone
						M 40 - 44	147	13	0:38:55.7	4089	Paul E Bauer
						M 50 - 54	148	15	0:44:37.5	4150	Stephen H Graham
						M 40 - 44	149	14	0:46:21.3	4017	Peter T Pearson